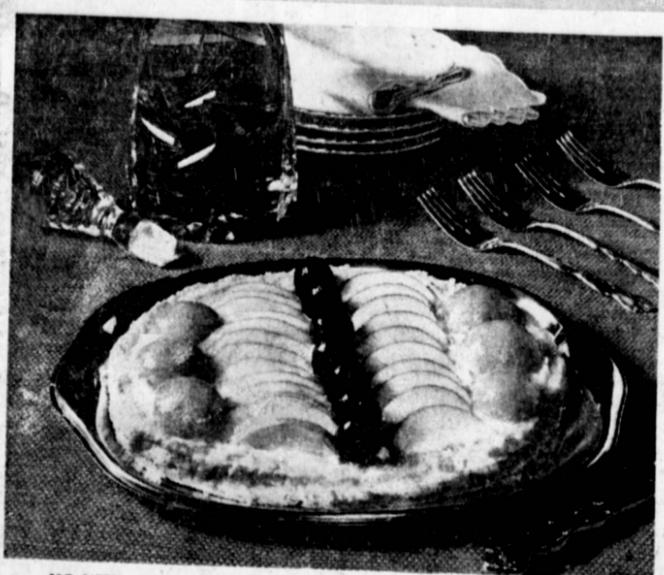


MARY WISE Menu Planner AND SHOPPING SUGGESTIONS



NO NEED TO DECIDE between peach or cherry or strawberry—whatever fruit is on your list of favorites. You can have any or all at once in this rich Crazy Mixed-Up Fruit Tart.

Rich Tart Uses Nice Variety of Fruits

Here's a pie with a split-personality — Crazy Mixed-Up Fruit Tart. It's a whole tray full of pastries in a single shell, and you can serve pear tart, apple tart, peach tart, cherry tart—name it, and you can have it!

Tart begins with a rich pastry dough, with double thick aluminum foil doubling as a baking pan. A flavorful glaze gives the fruit that glistening touch and prevents it from darkening. Vary the fruit to the season, use fresh, frozen or canned.

CRAZY MIXED UP FRUIT TART

- Pastry:**
 2 cups flour
 2 tbs. sugar
 1/4 tsp. salt
 2 egg yolks
 1 cup butter
 Grated rind 1 lemon
 2 tbs. bourbon

Toss flour, sugar and salt to mix. Make a well in center and drop in remaining ingredients. Blend with fingertips or knife, working from center ingredients out. Press out on a double thick sheet of heavy aluminum foil, to make a uniform oval 11 inches long and about 9 inches wide across the center. Trim foil 1/2 inch from the oval and turn up the pastry and foil together to make a 1-inch edge. Prick with fork and bake

French-Fried Pineapple Is A Novel Treat

French fried pineapple pieces dipped in sweetened whipped cream are for guests you want to impress. Because they should be served warm, you might make a ceremony of their preparation by doing the french frying in a deep electric skillet at the dining room table.

The egg-milk batter is a thin one which coats the pineapple just enough to give a puffy, melt-in-the-mouth covering. Heat the oil to the correct temperature and fry the delicacies just 2 or 3 minutes and you won't have problems with smoke or unpleasant odor. Here's how:

Parse the fresh pineapple and cut into cubes or small wedges. Mix the batter by blending 1/2 cup cooking oil, 1 cup sifted all-purpose flour and 1/4 tsp. salt. Add 1 egg and 1 1/2 cups milk. Beat until smooth. Dry pineapple pieces on paper toweling. Dip fruit in flour to coat well and then dip into batter. Fry in oil heated to 375 degrees (3-4 inches deep) until lightly browned, 2 to 3 minutes. Serve three or four of the fruits with whipped cream.

MORE POP CORN FUN!
JOLLY TIME
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at 450 degrees until firm and golden, about 15 minutes. Cool before filling.

Cream:
 1/4 cup sugar
 2 tbs. cornstarch
 3 egg yolks, beaten lightly
 1 cup milk
 2 tbs. bourbon

Mix sugar, cornstarch and egg yolks in a small saucepan. Gradually add milk, stirring rapidly with wire whisk. Cook over low heat, stirring constantly, until mixture thickens. Do not let it boil. Cool slightly, beat in bourbon, and cool.

Cheese Fondue Adds Ginger For Interest

- Fruit:**
 3 apricots or small peaches
 1 eating apple

Bread and cheese custardized in a protein-rich milk and egg mixture, then baked until it comes from the oven puffy and lightly browned is a delightful and quick supper entree. Try ginger (the powdered type) in this long-time favorite.

- GINGERED CHEESE FONDUE**
 8 slices day-old bread
 1/4 cup (1/2 stick) butter
 1/4 pound Cheddar cheese
 2 eggs, slightly beaten
 2 cups milk
 1 tsp. powdered ginger
 1 tsp. Worcestershire sauce

Remove crusts from bread; spread with all the butter. Make 4 sandwiches, using all the cheese. Cut into 1-inch-size cubes and arrange in greased shallow baking dish. Add milk to slightly beaten eggs; stir in ginger and Worcestershire sauce.

Carefully pour milk mixture over bread and cheese. Bake at 325 degrees for 45 minutes to an hour, or until browned and puffy. Test: Knife comes out clean. Serves 4 to 6.

USE FOR BREAKFAST
 Honey on French toast, waffles or pancakes is an ideal way to sweeten these popular breakfast foods. It gives quick energy and natural nutrition, as honey contains vitamins and minerals.

REALLY GOOD!
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SKIPPY PET STEW
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- 1 ripe pear
 Lemon juice
 Large black grapes or cherries
- If using fresh fruits (apricots or peaches), dip fruits in boiling water and slip skins off. Cut in half and remove stones. Peel, core and slice thinly apple and pear. Dip 'nto lemon juice. Stone cherries or remove pits from grapes.

Glaze:

- 1 cup apricot preserves
 1/4 cup bourbon

Melt apricot preserves over low heat and force through sieve. Add bourbon and stir.

To Assemble: Spread cooled, baked tart shell with pastry cream. Arrange peaches at end of oval, pears and apples next and a row of grapes or cherries down the center. Brush fruit with warm glaze. Makes 16 servings.



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Win \$20 Food Order; Enter Recipe Contest

Does your family have a favorite holiday recipe which you make year after year?
 Cash in on your family's favorite by entering the November Mary Wise Recipe of the Month Contest. Subject is "My Favorite Holiday Recipe." Prize is a \$20 merchandise order from any grocery store advertising in this paper.

Simply mail your entry (one to an envelope) to Mary Wise Recipe Contest, care of this newspaper. Anyone may enter except employees of the paper. Deadline is Nov. 14. Enter today!

Pomegranate Pie Wins Recipe of Month Contest

An unusual Pomegranate Pie recipe has captured first honors in the Mary Wise Recipe of the Month Contest, and Mrs. Kay Cox is winner of a \$20 grocery order.

The pie is simple to make, has a pleasantly different flavor, and judges were unanimous in their choice.

Mrs. Cox notes that she squeezes the pomegranates with her orange squeezer and pours juice through a sieve to obtain the pomegranate juice.

- POMEGRANATE PIE**
 1/2 cup hot pomegranate juice
 1/2 cup sugar
 3/4 cup hot water
 1 3-oz. pkg. lemon gelatin
 1 cup undiluted evaporated milk, chilled

5 drops red food coloring
 1 9-inch crumb crust

Dissolve gelatin and sugar in hot water. Add pomegranate juice and coloring. Chill. Chill evaporated milk in refrigerator tray about 15 to 20 minutes. Whip until stiff. Fold in gelatin mixture.

Spoon into pie shell and chill until firm, about 1 to 2 hours.

CRUMB CRUST: Mix 1 1/2 cups graham cracker crumbs, 3 tbs. sugar and 1/4 cup melted butter. Line sides and bottom of 9-inch pie plate.

AFTER SCHOOL PICKUP
 School children need a pickup when they arrive home? Use your blender and quickly mix ice cream, honey and tart cranberry juice—super health fill-in for the active small fry.

Emperor Grapes In Season

The Emperor grape, a choice table grape, is coming to market with unusually beautiful red color and luxuriant clusters. Emperors grow best in the San Joaquin Valley, among California foothills, with some 30,000 acres of Emperors needed to supply the annual demand.

Emperors store well, and even though this is a lusciously sweet grape, the Emperor contains no more calories than any other table grape: about 100 per cup.

GINGERBREAD FRESH GRAPE SAUCE

- 1 large egg, separated
 1 cup sifted confectioners' sugar
 1/2 cup soft butter
 1/2 tsp. grated lemon peel
 1 tsp. pure vanilla extract
 1/4 tsp. salt
 1 cup halved, seeded Emperor grapes
 1 recipe ready-mix gingerbread

Place egg yolk and sugar in the top of a double boiler and combine as much as possible. Place over hot (not boiling) water and add butter, a small amount at a time, blending with a wood-

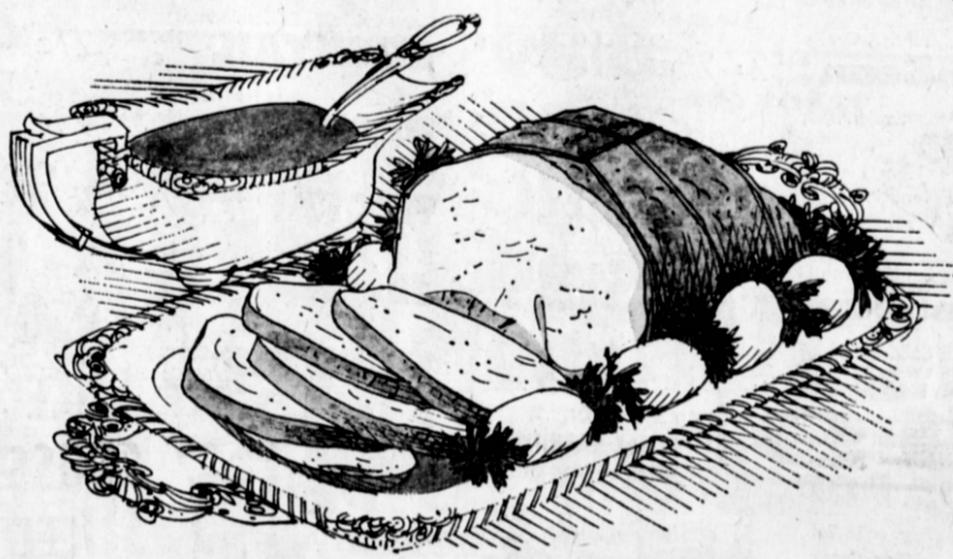


LUSCIOUS EMPEROR GRAPES from the San Joaquin Valley are in season, and they never taste better than when served in a delicious grape sauce atop gingerbread.

Cider Adds Flavor

Have you ever used cider as the braising liquid with a pot roast? It gives an interesting change which the family will enjoy. For even more of a variation, use the cider with soaked prunes and whole cloves for a fruited-spice accent with this beef cut.

After all butter is added and sauce is well blended, remove from heat and stir in lemon peel, vanilla and salt. Beat egg white until it holds soft peaks and fold into butter mixture. Fold in grapes. Serve immediately with gingerbread. Makes 2 cups of sauce.

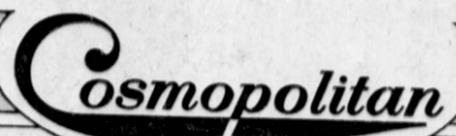
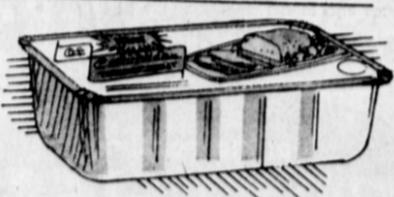


TURKEY WITHOUT GRAVY IS LIKE CAKE WITHOUT FROSTING



The Cosmopolitan people weren't satisfied with just giving you the best boneless Turkey Roast you can buy. Now, in every carton, they've included a packet of rich, old-fashioned Giblet Gravy. It's concentrated. You just add water and serve, hot and hearty. With a Cosmopolitan Boneless Roast there's no stuffing or sewing to do; and it cooks to perfection on barbecue, rotisserie or in oven. There's enough breast and thigh meat to fill the whole family, with plenty left for sandwiches and snacks.

NEW! Like to make your own gravy? Here's an all-white Boneless Young Turkey Roast in oven-ready foil pan. 2 1/4 lbs. of easy-to-slice all-white turkey meat. Look for it in your grocer's frozen food or meat departments now.



CLIP THIS

We'll pay you 75¢ just for trying Cosmopolitan's Boneless Turkey products. 1) Fry the roast with Giblet Gravy; then send us the "Inspected" circle, cut from the front panel of the carton. 2) Or try our convenient new pan-roast with all-white meat; then send us the "Inspected" circle, cut from the lid. We'll send you 50¢ cash, plus an additional coupon worth 25¢ on your next purchase of either roast. Clip this coupon and mail it with circle to: Cosmopolitan Foods, P.O. Box 3024, Modesto, Calif.

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